

BAIN 50+ CENTER

March 2022



**5470 Ruth Keeton Way
Columbia, MD 21044
410-313-7213**

Center Email
bain50@howardcountymd.gov

Center Hours
Monday - Friday
8:30 am - 4:30 pm

Fitness Center Hours
8:30 am - 4:00 pm

50 + Hotline 410-313-5400

Newsletter Online
[www.howardcountymd.gov/
bain-50-center](http://www.howardcountymd.gov/bain-50-center)

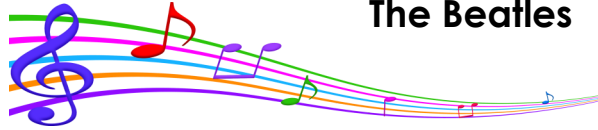
Volunteer Website
www.hocovolunteer.org

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Howard County
50+ CENTERS
Enrichment. Engagement. Connection. Growth.

“Get Back, Get Back, Get Back To where you once belonged” The Beatles



We welcome you to **“Get Back”** to Bain and see what you have been missing. New classes and spending time making new friends. Our doors are once again open, our instructors are ready to greet you. Here is just a peek of what's inside this month's Newsletter.

Valuating and Liquidating Coin Collections—Thursday, March 31st at 11am FREE

Tai Chi— Instructor, Ping Mao, Master Martial Arts , PhD Atmospheric Pressure. Thursday, March 17th at 3pm

Free Demo Classes— Try and See

Barre Class—Tuesday, March 15th at 10am
Seated Tai Chi—Tuesday, March 15th at 12pm
Zumba Gold—Friday, March 18th at 10am

Spring Wreath Making Class—Back by popular demand. Tuesday, March 22nd at 9:30am limited seating

Caregiver Support Program - “Care Talks”

Thursday, March 24th at 10am-12pm in-person meeting offering information and resources. Call Ernestine Thomas, Caregiver Specialist at 410-313-5969 for an appointment.

Welcome back
HCC Pottery Class
to our newly
renovated studio.



GENERAL INFORMATION

50 +Center Staff

Linda Jackson Ethridge, Director
lethridge@howardcountymd.gov
(410) 313-7468

Tammy Wiggins, Assistant Director
twiggins@howardcountymd.gov
(410) 313-7469

Dawn Perez, Registrar
daperez@howardcountymd.gov
(410) 313-7213

Michelle Rosenfeld, Fitness Coordinator
mrosenfeld@howardcountymd.gov
(410) 313-7394

Dajuan Tyler –Curtis, Contingent
dtylercurtis@howardcountymd.gov
(410) 313-7270

Stanley Bowser – Security Officer
410-313-7464

Elaine Widom, SeniorsTogether
ewidom@howardcountymd.gov
(410) 313-7353

SHIP-STATE HEALTH INSURANCE ASSISTANCE PROGRAM

By Appointment (410) 313-7392

MARYLAND ACCESS POINT

By Appointment (410) 313-1234

INCLEMENT WEATHER PROGRAM LINE
410-313-7777

Bain 50+ Center Council

President: Frances Beckman Martiny
Vice President: Iantha Tucker
Secretary: Vacant
Treasurer: Frances Beckman Martiny

Members:

Athena Dalrymple	Willis Gay
Jackie Dunphy	Valerie Hoelz
Peter Eisenhut	Frances Martiny
Susan Elbanna	Iantha Tucker
Annie Foster	Shirley Williams
Doretha Gay	

The Bain Council is seeking applicants to serve on the Council. If you are interested please send an email to Bain.Council.Comm@gmail.com

Americans with Disabilities Act Accommodations

To request this document in an alternate format, or to request an accommodation to participate in a program/event, contact the Center at 410-313-7213 at least two weeks prior to the event. People with a speech or hearing disability may contact us through Maryland Relay by dialing 7-1-1.

Newsletter by Email

Would you like your newsletter delivered to your inbox? Just click link below.

[CONSTANT CONTACT SIGN UP](#)

ADJUSTED HOURS OR CENTER CLOSURES

Monday, February 21 Presidents' Day

Note: Howard County Government does not endorse or recommend the products or services associated with programs held at Howard County 50+ Centers. Howard County Government is not responsible for the performance or non-performance of program sponsors.

GENERAL INFORMATION

Howard County 50+ Center Participation Guidelines

Anyone 50 years or older is welcome to join the Bain 50+ Center activities. In order to ensure a healthy and safe environment for all participants, there are a few simple guidelines to ensure that all members' rights and needs are respected.

- ◆ Members must be independent and be able to navigate the Center. Those who need assistance must have a qualified companion or aid with them.
- ◆ Members must be able to function in the Center without one-to-one assistance or supervision from staff.
- ◆ Members should not use language or behavior that is obscene, abusive, loud or insulting. They should not harass or discriminate based on race, sex, age, national origin, religion, disability or sexual orientation.
- ◆ Members must maintain personal hygiene standards.

To obtain a full list of guidelines, please request a copy at the front desk.

Transportation Options

Members are responsible for their transportation to and from the Center. One transportation resource available is through Regional Transit Agency/RTA Ride. To use this option, riders must be certified. For certification, reservations and cancellations please call the RTA Customer Service Line at **1-800-270-9553** or visit the RTA website at www.transitRTA.com for more information.

Transportation to the Bain 50+ Center is also available through NeighborRide for a modest fee. For additional information call NeighborRide at (410) 884-7433.

Membership Registration

Membership to Howard County 50+ Center is required to attend or register for any class, program or activity. It is free for those age 50+ who have completed an application packet. Regardless of where one registers, membership is valid at all Howard County 50+ Centers. Membership renewal may require a new form and completed waiver. Prior to online registration, please check with the Front Desk to assure that your membership is current. **Please inform the Front Desk if there have been any changes to your address, phone number or your emergency contact information.**

Scan In

Upon entering the Center, please have your membership card available to scan. This helps track accurate Center attendance. Your cooperation is greatly appreciated.

Sign-Up & Payment For Programs & Classes

Payments for programs and classes can be made via cash, credit card or a check made payable to **Howard County Director of Finance**. Online registration can be done via the ActiveNet website: <http://apm.activecommunities.com/howardcounty>. Account must be established prior to registering for class.

Class Withdrawal Policy

We recognize that there are times when you may need to withdraw from a class. All refund requests are subject to a 20% administrative fee and there are no refunds for missed classes. Additional fees may be assessed to recover costs associated with the program.

GENERAL INFORMATION

AARP Income Tax Preparation by Appointment only February 2 - April 15 9am-2pm



AARP and the IRS are sponsoring free personal Federal and Maryland Income tax preparation. Appointments will be held at the Bain 50+ Center Monday, Tuesday, Wednesday, and Friday.

All preparers and volunteers have received IRS approved training and certification in tax preparation. This service is available to middle and low income tax payers with special emphasis for those 60 and older. Self-employment returns with more than \$5K in expenses or very complex returns are not eligible for this service. Each appointment is for one single or joint return.

- ◆ Bring Social Security cards for anyone listed on your return.
- ◆ Bring 2020 state and federal tax returns.
- ◆ Bring 2021 tax records with you.
- ◆ If you had investment transactions during 2021, be sure to bring the purchase cost for those transactions.

To set up a tax appointment, please call **443-741-1220**. You will need to leave a message. Include your name and specify that you would like your appointment at the ElkrIDGE 50+ Center. A scheduler will call you back to confirm the date and time. For those who would like to schedule an appointment online, Google **AARP Tax Aide Locator**. For all other tax questions, call AARP directly at **888-227-7669**.

TAX APPOINTMENTS ARE NOT SCHEDULED BY CENTER STAFF and TAX PREPARERS ARE NOT AVAILABLE TO ANSWER PHONE INQUIRIES.

Inclement Weather Policy

If Howard County Public Schools are delayed or closed, Glenwood 50+ Center and North Laurel 50+ Center will operate as follows:

1-hour school delay – will strive to open at 9:30am.

2-hour school delay – will strive to open at 10:30am. All classes and programs scheduled before 11am are canceled.

Schools closed – will strive to open by 10:30am. All classes and programs are canceled.

If Howard County Public Schools are delayed or closed, Bain 50+ Center, East Columbia 50+ Center, ElkrIDGE 50+ Center, and Ellicott City 50+ Center will operate as follows:

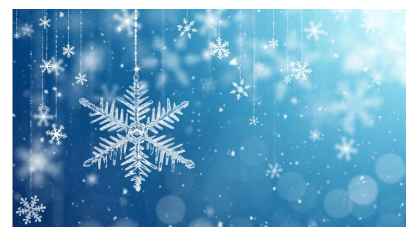
1-hour school delay – DCRS facilities will open on time.

2-hour school delay – DCRS facilities will open on time. All classes and programs scheduled before 11am are canceled. Connections Program is canceled. No congregate meals are served.

Schools closed – DCRS facilities will strive to open on time. All classes and programs are canceled. Connections Social Day Program is canceled. No congregate meals are served.

If Howard County Public Schools cancel evening and weekend activities:

DCRS facilities will be closed for evening hours and classes canceled after 4:30pm. For weekend activities, DCRS facilities will strive to open at 10:30am. All classes and programs are canceled.



MARCH AT A GLANCE CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 10 MAP 10 Pottery 10:15 Low Vision Group 10:30 Reiki \$ 11 Tap Dance 12 Seated Tai Chi \$ 12 Duplicate Bridge	2 9:30 Bingo 10 Massage \$ 11 Yoga \$ 12 Poker 1 Mahjongg	3 10 Massage \$ 10 Artful Journaling \$ 10 Chair Yoga \$ 12 Brain Teasers 1 Mahjongg 2 Soul Line Dance \$	4 10 Knitting 10 Trenderers 11 Balance 4 All \$ 11 Poker 12 Cards & Games 1 Line Dance
7 9 Project Linus 10 Knitting 10 Pottery 11 Poker 1 Canasta 1 KASA Line Dance 2 KASA Bingo 2:15 Yoga \$	8 10 MAP 10 Pottery 10:15 Low Vision Group 10:30 Reiki \$ 10:30 What is Hospice? 11 Tap Dance 11:30 National Nutrition Month Program 12 Seated Tai Chi \$ 12 Duplicate Bridge	9 9:30 Bingo 9:30 Wii Bowling 10 Massage \$ 11 Yoga \$ 12 Poker 1 Mahjongg	10 10 Massage \$ 10 Artful Journaling \$ 10 Chair Yoga \$ 12 Brain Teasers 1 Mahjongg 2 Soul Line Dance	11 10 Knitting 10 Trenderers 11 Balance 4 All \$ 11 Poker 12 Cards & Games 1 Line Dance
14 9 Project Linus 10 Knitting 10 Pottery 11 Poker 1 Canasta 1 KASA Line Dance 2 KASA Bingo 2:15 Yoga \$	15 10 MAP 10 Pottery 10 Barre Demo 10:15 Low Vision Group 10:30 Reiki \$ 10:30 Smart Driver \$ 11 Tap Dance 12 Seated Tai Chi Demo 12 Duplicate Bridge	16 9:30 Bingo 9:30 Wii Bowling 10 Massage \$ 11 Yoga \$ 12 Poker 1 Mahjongg	17 10 Massage \$ 10 Artful Journaling \$ 10 Chair Yoga \$ 12 Brain Teasers 12:30 Opera at Bain "Carmen" 1 Mahjongg 2 Soul Line Dance 3 Tai Chi \$	18 10 Knitting 10 Trenderers 10 Zumba Gold Demo 11 Balance 4 All \$ 11 Poker 12 Cards & Games 1 Line Dance
21 9 Project Linus 10 Knitting 10 Pottery 11 Poker 1 Canasta 1 KASA Line Dance 2 KASA Bingo 2:15 Yoga \$	22 9:30 Spring Wreath Making Class 10 MAP 10 Pottery 10:15 Low Vision Group 10:30 Reiki \$ 11 Tap Dance 12 Seated Tai Chi \$ 12 Duplicate Bridge	23 9:30 Bingo 9:30 Wii Bowling 10 Massage \$ 10:30 Healthy Food Healthy Brain 11 Yoga \$ 12 Poker 1 Mahjongg 1 Women's History Month: African American Woman Artist Virtual	24 10 Massage \$ 10 Artful Journaling \$ 10 Chair Yoga \$ 10 Care Talks 11:30 Skin Cancer Detection Program 12 Brain Teasers 1 Mahjongg 2 Soul Line Dance 3 Tai Chi \$	25 10 Knitting 10 Trenderers 11 Balance 4 All \$ 11 Poker 12 Cards & Games 1 Line Dance
28 9 Project Linus 10 Knitting 10 Pottery 11 Poker 1 Canasta 1 KASA Line Dance 2 KASA Bingo 2:15 Yoga \$	29 10 MAP 10 Pottery 10:15 Low Vision Group 10:30 Reiki \$ 11 Tap Dance 12 Seated Tai Chi \$ 12 Duplicate Bridge	30 9:30 Bingo 9:30 Wii Bowling 10 Massage \$ 11 Yoga \$ 11 Poker 11:30 Wii Bowling 1 Mahjongg	31 10 Massage \$ 10 Artful Journaling \$ 10 Chair Yoga \$ 11 Valuating & Liquidating Coin Collections 12 Brain Teasers 1 Mahjongg 2 Soul Line Dance 3 Tai Chi \$	Please Note: \$ Fee program The Fitness Center and Billiard's Room Hours are Mon.-Fri. 8:30 am-4 pm Woodshop Hours are 8:30 am -12:30 pm

ONGOING PROGRAMS



Low Vision Support Groups

Tuesdays

10:15 am

Ongoing support for those with low vision; explore options, share ideas and learn new ways to maintain independence.

Brain Teasers

Thursdays

12:30 pm

Challenge your mind, strengthen your memory using games, puzzles and other activities.

Trenders

Fridays

10 am

A lively, open-minded discussion group with a loosely structured agenda.

Knitting & Crocheting

Mondays, 10 am - 12 noon

Fridays 10-11:30 am

Knitters, crocheters, fabric crafters and others join together to share their talents. Drop in for this fun and ageless group to happily share fellowship and conversation.

RED HATTERS

Meets the 3rd Tuesday every month.

10 am

The Red Hatters are a playgroup created to connect like-minded women, make new friends and enrich lives through the power of fun and friendship!

Contact Ginny Russ at 301-325-5173 for Red Hatters information.

Better Breathers Pulmonary Support Group Meets the 3rd Tuesday Monthly

Tuesday, March 15

2:30-3:30 pm

This group is open to those with pulmonary conditions and their care partners.

The Bain Book Club

Meets 3rd Wednesday of the Month

10-11:30 am / Free

Next Meeting will take place on March 16th. Please call the center for additional information.

Essential Touch Massage Therapy

Wednesdays & Thursdays

10 am- 1 pm

Cost: \$68

60 minutes

Indulge yourself with a therapeutic massage designed especially for your needs. Massage Therapist, Felicia Tenny, RN, LMT will relax your muscles, decrease aches and pains, and promote the circulation of blood and lymph system. By appointment only 410-313-7213.

Reiki

Tuesdays

10:30 am –1 pm

\$30 per 30 minute session.

A gentle, kind energy, that promotes relaxation, peace, and helps reduce pain. **Sharon Burns RN, BSN, MA.** Register in advance.



ONGOING PROGRAMS

Korean American Senior Association (KASA)

Mondays

Line Dance 1-2 pm
Yoga and Bingo 2-3 pm

Poker

Mondays, Wednesdays, Fridays
11 am-4 pm

Canasta

Mondays, 1-4 pm
Canasta is a card game of the rummy family of games believed to be a variant of 500 Rum. New players and beginners are always welcome.

Bridge (Duplicate)

Tuesdays, 12-4 pm

Mah Jongg

Wednesdays & Thursdays 1-3:30 pm

Class is designed for anyone who wishes to play. No Mah Jongg set or cards required.

Bingo

Wednesdays, 9:30-11:30 am

Open Cards & Games

Fridays, 12-4 pm

Maryland Access Point Services (MAP)

8:30 am-4 pm
Minjung Engle, Resource Specialist with the Howard County Office on Aging and Independence will be available by appointment. She can assist in navigating services and identify resources. To make an appointment to meet with Minjung Engle in person at Bain, please call her at 410-313-6538.

Weekly Computer/Phone Clinic Wednesdays, 1pm –3:30pm/Free

Have a problem with your iPhone or iPad or want to learn how to better use its many features? Need help with your laptop or desktop computer? Call and sign up for a one-on-one, 30 minute appointment.

HCC Bain Senior Choir Wednesdays, 9:30– 11:00 am

Members of the choir pay no tuition; the only charge is HCC's Consolidated Fee, which is \$28.34 for Maryland residents.

Trivia Time

Last Friday of the Month 10:30-11:30 am

Show us what you know during this entertaining and informative hour of trivia fun. Question categories range from sports and entertainment to geography and more. Join Dave Baker in the Bain Lobby and help your team compete for bragging rights. Call the center to sign-up.

Project Linus Meets the 2nd & 4th Monday 9-11:30 am

Project Linus is comprised of hundreds of local chapters and thousands of volunteers across the United States, and includes our chapter at Bain. Volunteers work together to provide love, a sense of security, warmth and comfort to children who are ill, or are in need with the gifts of new, handmade blankets and afghans, lovingly created by volunteer "blanketeers."

EVENTS & PROGRAMS

Nutrition Consultation

Tuesday, March 8 9-11 am

Registered Dietitian, Carmen Roberts, is available for nutrition consultations for members 60+. During this 30-minute session, she can answer questions about diet, nutrition, and the impact of food on your health.

Register using the ActiveNet link:

https://anc.apm.activecommunities.com/howardcounty/activity/search?onlineSiteId=0&locale=en-US&activity_select_param=2&activity_keyword=virtual%20Nutrition&viewMode=list

What Is Hospice?

Tuesday, March 8 10:30 am

Hospice is sometimes a misunderstood or unknown resource when end-of-life care is needed most. Gail Garland, Gilchrist Community Ambassador will share details on the purpose of hospice, the array of services offered, and the benefits it can provide at one of life's most challenging times.

Sponsored by the SeniorsTogether Low Vision Support Group, all are welcome. For more information please contact Karen Hull, 410.313.7466/khull@howardcountymd.gov.

National Nutrition Month:

Celebrate a World of Flavors

Tuesday, March 8 11:30 am

This year's theme for National Nutrition Month is "Celebrate a World of Flavors." Join registered dietitian Carmen Roberts for a discussion on how to incorporate ingredients, seasonings, and other flavors from around the world to give your meals a fresh, healthy twist.

AARP Presents: Smart Driver

Tuesday, March 15 9 am-1:30 pm

Cost: \$20 AARP Member / \$25 Non Member

Take the AARP Smart Driver classroom course and you could save on your car insurance. Refresh your driving skills and knowledge of the rules of the road. Discover proven driving methods to help keep you and your loved ones safe on the road.

Opera at Bain with Dr. Sam Stern

Thursday, March 17

12:30 pm Free

"**Carmen**", by Georges Bizet, is one of the most famous operas in the world. The story focuses on the fiery, freedom-loving, seductive temptress, Carmen. She is a Spanish gypsy who seduces French soldier Don Jose. He falls madly in love with the sexy Carmen, played by Latvian soprano, Elina Garanca. However, like all her lovers, Carmen manipulates and soon tires of him and tries to hurl him on to her trash heap of previous lovers. He, in turn, however, refuses to be rejected, becomes insanely jealous, and insists that Carmen love only him. The opera ends violently and tragically. This Metropolitan Opera production contains some of the most popular opera music composed. It is sung in French with English subtitles, and runs 2 hours, 47 minutes. There will be an intermission.

Spring Wreath Making Class

Tuesday, March 22

9:30 am

Cost: \$10

It may be March, but Spring is just around the corner! Join us for a fun morning making a wreath of your own personal design. We will have lots of ideas and ornaments to choose from to make the perfect wreath for your home. Come out and join us. You will have a fun time. Fee includes all materials.



Fresh Conversations

Topic: Healthy Food Healthy Brain

Wednesday, March 23

10:30 am Free

Learn what foods are in the MIND Diet. Discover why blueberries are linked to better blood pressure and brain function. Is singing really good for brain health?

Join us for fun and conversation with Karen Basinger. Advance sign-up is required.

EVENTS & PROGRAMS

Women's History Month African-American Women Artists: Their Work, Experiences and Histories Wednesday, March 23

1 pm VIRTUAL

Generations of African-American women have created art centered in their experiences and histories, achieving national and international recognition. This 90 minute presentation will feature Ten African-American women who have created an indelible body of artwork; their lives span mid-1800's to the present. Time will be allotted for reflections.



"CARE TALKS"

March 24

10 am-12 noon

The Caregiver Support Program will be held on March 24th from 10am-12pm for in-person meetings with caregivers offering information and resources to assist you in their journey. Please contact Earnestine Thomas at 410-313-5969 or ethomas@howardcountymd.gov.



Skin Cancer Detection Starts With You Thursday, March 24

11:30 am Free

You can play an important part in detecting abnormal skin growths or potential skin cancers by checking your skin regularly and seeing a healthcare professional for routine skin examinations. Danielle LeClair, Nurse Practitioner specializing in Dermatology for over 15 years will be discussing what to look for during self-examinations and when to seek the advice of a healthcare professional.

Nutrition Program 50th Anniversary Tuesday, March 29 12 noon

Since 1972, the national Senior Nutrition Program has supported nutrition services for older adults across the country. Funded by the Older Americans Act (OAA), local senior nutrition programs serve as hubs for older adults to access nutritious meals and other vital services that strengthen social connections and promote health and wellbeing. To celebrate the occasion we will have cupcakes to commemorate this joyous milestone.

Wii Bowling Wednesday, March 9 11:30 am

Wii bowling combines fun and fitness into one product. It may change how you view exercise. Come out and show off your bowling skills and have some fun. Sign-up in the lobby.



Valuating and Liquidating Coin Collections Thursday March 31 11 am Free

Join Drage Vukceovich, Professional Appraiser Consultant, and Coin Broker for a short and informative presentation on valuating and liquidating coins. Also expertise in movie posters and related memorabilia. Advance sign-up required.



EXERCISE & FITNESS



With These Free Demo Classes

Seated Tai Chi

Tuesday, March 15

12 pm/Free

Instructor: Charles Toth

Barre Demo

Tuesday, March 15th

10 am/Free

Instructor: Doreen Sheppard

Zumba Gold – Dance into Spring

Friday, March 18

10 am/ Free

Instructor: Courtney Bracey

Balance 4 All

Friday, March 18

11 am/ Free

Instructor: Courtney Bracey

Tai Chi

Thursdays, March 17-31

3 pm/ \$33 A01416.600

Tai Chi is a slow and gentle form of Chinese martial arts, an internal form of exercise by combining slow, deep abdominal breathing with gentle, smooth body movements in a natural and harmonic way.

Instructor: Dr. Ping Mao is a research scientist in NASA Goddard Space Flight Center. He was trained in one of the state-run martial arts schools in China for 10 years. He is a board certified and award-winning international champion who has been teaching Tai Chi in Howard County for 17 years.



Barre

Tuesday, April 5 – Tuesday, June 28

10 am (13 Classes/ \$69)

A01480.700

This class will take you through Ballet, Pilates, and Functional Barre movements that will lengthen and strengthen your entire body and improve flexibility. No prior dance experience required. Modifications for exercises will be provided. Please bring a yoga mat.

Instructor: Doreen Sheppard



Balance-4-All

Friday, April 1 – Friday, June 24

11 am (13 Classes/\$64)

A01424.700

This class combines a perfect blend of balance, flexibility, posture, strength, & agility. With the use of light dumbbells and a chair, you will work your way to being better equipped to perform routine activities of daily living (ADL) and decrease your risk of falling. **Instructor: Courtney Bracey (No Class 4/15)**



Zumba Gold® - Courtney Bracey

Friday, April 1 – Friday, June 24

10 am: (12 Classes/\$64)

A01437.700

Join this fun, Latin-inspired workout. This low impact class incorporates Zumba's contagious rhythms and is performed at a lower intensity. **Instructor: Courtney Bracey**

EXERCISE & FITNESS

Bain Walking Club-Fridays at 12 pm Moved Indoors for the Winter



Tap Dancing Class-Tuesdays at 11 am



NEW BARRE CLASS– Register Now



Tuesday, March 15
Free Demo
Please bring a yoga mat.

Arthritis Foundation Exercise

April 5-June 30 #A01404.700

Tuesdays & Thursdays 1pm Cost: \$83

Low impact physical activity program proven to reduce pain and decrease stiffness. Includes gentle range of motion exercises that are suitable for every fitness level and ability. Led by trained program leader, Pam Beck. Suitable for participants diagnosed with arthritis. Registration required. For more information contact mburgess@howardcountymd.gov or call 410.313.5440 to register.

Better Balance

April 6-June 29 #A01445.700

Mondays and Wednesdays

1 pm Cost: \$73 (No classes 5/30 & 6/20)

Better Balance is a great fit for someone looking to improve their balance and mobility. This class has been proven effective for people with a chronic condition affecting balance or for those who feel unsteady on their feet. Class includes walking, bar, and seated exercise. A pre-screening is required before enrolling. Those 60 and older pay a suggested donation. Age 59 and younger, pay full fee of the class.

Age Well

April 6-June 29 #A01201.700

Mondays & Wednesdays

12 pm Cost: \$73

(No classes 5/30 & 6/20)

Practice basic aerobic combinations to increase cardiovascular endurance and muscular stamina. Build lean muscle mass and bone density through strength training. Conclude with stretching to help you feel your best. Classes are conducted in the Bain 50+ Center and are co-sponsored by Howard County General Hospital.

EXERCISE & FITNESS

Yoga

Mondays, 2:15–3:15 pm #A01441.700
April 4-June 27
Cost: \$59 (No classes 5/30 & 6/20)

Wednesdays, 11 am–12 noon #A01440.700
April 6-June 29
Cost: \$69

Join Certified Yoga instructor, **Mary Garratt**, and learn the techniques that promote good health and strength.



Chair Yoga

Thursdays, 10-11 am #A01425.700
April 7-June 30
Cost: \$69

Chair yoga is a great way to relax from head to toe without the stress of getting out of your chair. Join Certified instructor, **Connie Bowman**, and promote your improved mobility.

Beginner Soul Line Dance

Thursdays, 2-3 pm #A01419.601
March 3-31
Cost: \$28

Join **Jessie Barnes**, our "seasoned" Dance Instructor who teaches throughout Central Maryland. Learn beginners' line dance steps and get fit at the same time.

Seated Tai Chi

Tuesdays, 12-12:50 pm
April 5 –June 28
Cost: \$69 #A01415.700



Join Instructor, **Charles Toth** for this seated class. It will introduce participants to the Chinese exercise forms of Tai Chi & Qi Gong.

Easy-to-follow movements will improve your body awareness, strengthen your joints and muscles, and help you develop a state of mental quietness and relaxation. Please bring water.

CarFit is Coming To Bain in Honor of National Car Care Month

Thursday, April 28
10 am- 2 pm



What is CarFit for the older driver?

CarFit is an educational program that offers older adults the opportunity to check how well their personal vehicles "fit" them.

The CarFit program also provides information and materials on community-specific resources that could enhance their safety as drivers, and/or increase their mobility in the community.

50+ Fitness CENTER

The Bain 50+ Fitness Center is available to help put you on the path to lifelong fitness.

- ◆ Participants must be 50 years of age and a member of a Howard County 50+ Center.
- ◆ Passes are established from the date of purchase.
- ◆ Refunds are not provided.
- ◆ Equipment Orientation may be viewed at:
Equipment Video

<https://www.youtube.com/watch?v=8KyvEPCNJZ8>

Equipment Overview

Wednesdays: March 23

11 am

Want to learn how to use our state-of-the-art new Fitness Center equipment? Join 50+ Fitness Coordinator, Michelle Rosenfeld, for an orientation. She will demonstrate how to properly adjust and use each piece of equipment. To register call the front desk at 410-313-7213.



Personal Training –Tuesdays 11:30 am—2 pm

Looking for one-on-one inspiration or a work-out tailored to fit your needs? See a flier for complete details on this service.

Half hour session = \$45

Package of 4 Half hour sessions = \$160

Package of 8 Half hour sessions = \$299



\$75/year County Resident

\$100/year Non-Resident

\$5/daily Drop-in Fee

This package is offered in collaboration with Recreation and Parks and provides more locations for your 50+ work-out. It includes unlimited use of fitness equipment rooms at:

Bain 50+ Center

5470 Ruth Keeton Way, Columbia 21044

Mon-Fri 8:30 am-4 pm

Elkridge 50+ Center

6540 Washington Blvd, Elkridge 21075

Mon-Fri 8:30 am-4 pm

Ellicott City 50+ Fitness Center

9411 Frederick Rd, Ellicott City 21042

Mon-Fri 8:30 am-4 pm

Gary J. Arthur Community Center

2400 Rte 97, Cooksville 21723

Mon-Sat 7 am-9 pm & Sun 9 am-6 pm

North Laurel Community Center

9411 Whiskey Bottom Rd, Laurel 20723

Mon-Sat 8 am-9 pm & Sun 9 am-6 pm

Roger Carter Community Center

3000 Milltowne Dr, Ellicott City 21043

Mon-Friday 6 am-10 pm

Sat 7 am-10 pm & Sun 7 am-9 pm

The **Fitness Equipment Room** is open for drop-in use during the open hours noted above. Please use gym courtesy and give everyone a chance to experience a good work-out. During busy hours, limit your time to 20 minutes on cardio equipment. If the equipment you would like to use is occupied, please make the current user(s) aware that you are waiting for them to finish. Please refrain taking calls while working out and wipe down equipment after use. Your cooperation is appreciated.